

STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 12, 2014

LOCATION **Department of Human Resources Auditorium**
2206 Oakwood Avenue NW
Huntsville, AL 35810

TIME **11:00 a.m. - 12:00 p.m.**

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**

**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989



STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 18, 2014

LOCATION **Department of Transportation Auditorium**
1020 Bankhead Highway West
Birmingham, AL 35204

TIME **10:30 - 11:30 a.m.**

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**

**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989



STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 17, 2014

LOCATION Department of Public Health Auditorium
1781 East Cottonwood Road
Dothan, AL 36302

TIME 10:30 - 11:30 a.m.

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**
**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989



STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 10, 2014

LOCATION Department of Transportation Building N
1701 I-65 West Service Road North
Mobile, AL 36618

TIME 11:00 a.m. - 12:00 p.m.

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**

**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989



STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 11, 2014

LOCATION **State Capitol Auditorium**
600 Dexter Avenue
Montgomery, AL 36104

TIME **10:30 - 11:30 a.m.**

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**

**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989



STRESS MANAGEMENT AND COPING WITH LIFE'S CHALLENGES

Presented by:
**BEHAVIORAL
HEALTH SYSTEMS**



During this workshop addressing stress management, participants will learn to:

- **Examine** the impact stress has on health, relationships and success at work
- **Review** the phases of stress
- **Discuss** sources of stress and examine stressors that affect work/life balance
- **Explore** techniques for coping with stress and reducing chronic stressors

**1 CEU
CREDIT**

**FOR
SOCIAL WORKERS**

DATE June 19, 2014

LOCATION **Department of Transportation Auditorium**
2415 East Skyland Boulevard
Tuscaloosa, AL 35405

TIME **10:30 - 11:30 a.m.**

SPEAKER Debra Nickolson

REGISTRATION Registration is limited. Contact your department or training director for more information and to register.

**BROUGHT TO
YOU BY** The State of Alabama Department of Finance
Division of Risk Management &
Behavioral Health Systems

**1 CPE
CREDIT**

**FOR
ACCOUNTANTS**



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989

